



**THE LAZY PICKLE A  
HARD-WORKING  
LUNCH SPOT**  
**LUNCH RUSH {page 20}**

**NORTH KOREANS  
MOURN LEADER**  
TRANSITION OF POWER  
NOW THE FOCUS {page 8}



# THE YEAR IN FILM COULD LEO'S STAR POWER SAVE J. EDGAR FROM CRASHING? {page 12}



OTTAWA

# metro®

Tuesday, December 20, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth sharing.

## Lahey not a predator: Doc

► Pedophile is defined as someone attracted to children 13 or under, but ex-bishop is attracted to male teens aged 14-17, expert says

JESSICA SMITH  
@METRONEWS.CA

A former Roman Catholic Bishop caught with child pornography at the Ottawa International Airport in September 2009 isn't a pedophile, a forensic psychiatrist told a court on Monday.

Raymond Lahey is, however, sexually attracted to male teens, which is classified as hebephilia, said University of Ottawa forensic psychiatry chief Dr. John Bradford, who has examined Lahey. Lahey also has significant sadomasochistic interests, said Bradford.

Bradford testified there is little to no chance the former bishop would commit a sexual or violent "hands-on" offence if released.

However, Bradford said there is no way to scientifically determine the chances of Lahey reoffending by breaking child-pornography laws.

Hebephilic interest alone is not an indication that Lahey is a risk to society, Bradford said in response to a

question from Lahey's lawyer, Michael Edelson.

"A lot of normal people show that," Bradford said.

Bradford said a visit by Lahey to Thailand is a concern because it is a location of "child sexual activity," but he does not know if Lahey has ever had sexual contact

SEAN KILPATRICK/THE CANADIAN PRESS

with a child

Lahey looked much thinner than when he appeared in court in May.

His lawyer, Michael Edelson, will be asking that he be given the mandatory minimum one-year jail sentence, with a two-for-one time credit for the seven-and-a-half months he has spent in pre-sen-

**"This has been an enormous fall from grace."**

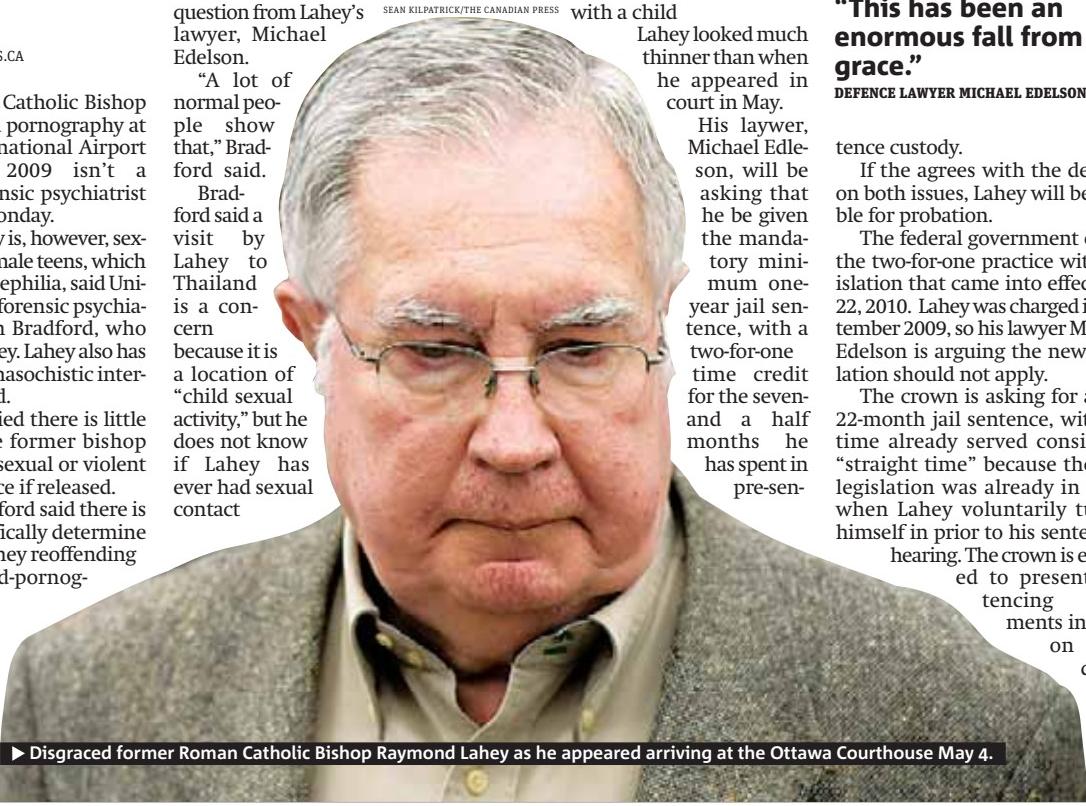
DEFENCE LAWYER MICHAEL EDELSON

tence custody.

If he agrees with the defence on both issues, Lahey will be eligible for probation.

The federal government ended the two-for-one practice with legislation that came into effect Feb. 22, 2010. Lahey was charged in September 2009, so his lawyer Michael Edelson is arguing the new legislation should not apply.

The crown is asking for an 18-22-month jail sentence, with the time already served considered "straight time" because the new legislation was already in effect when Lahey voluntarily turned himself in prior to his sentencing hearing. The crown is expected to present sentencing arguments in court on Tuesday.



► Disgraced former Roman Catholic Bishop Raymond Lahey as he appeared arriving at the Ottawa Courthouse May 4.

**Local**  
**Layoff  
fears gut  
sales**

► 29.3 per cent of people planning to spend less on Christmas: Survey  
► Recession fears loom in Ottawa {page 3}



**Don't  
fear  
the  
feast**

Tips to save your holiday waistline {page 18}

**Fresh start  
for Turris**

Newly acquired forward happy to be playing hockey in a Canadian market {page 24}

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neighbourhood have sold for is only a small part of the process, and on its own is not nearly enough to help you make the best decision. A recent study, which compiles 10 years of industry research, has resulted in a new special report entitled "Pricing Your Home: How to Get the Price You Want (and Need)". This FREE report will help you understand pricing strategy

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# Federal layoff fears crimping Christmas sales in Ottawa

► Drop in sales dovetails with findings from November CRG Consulting survey that found a record 29.3 per cent of respondents planning to spend less on Christmas



**JOE LOFARO**  
@METRONEWS.CA

Fear of recession and looming government layoffs have many people in Ottawa spending less this holiday season, the Ottawa Chamber of Commerce (OCC) says.

Erin Kelly, executive director of the chamber, said there is a significant drop in sales this holiday season, despite a solid economy and increased emphasis on Black Friday promotions.

Retailers throughout the city were polled about holiday sales to date and 86 per cent said they have worsened compared to last year, according to Kelly.

"When we look at where it's worse, it's typically in small businesses, boutique shops," said Kelly.

Fear of cutbacks in one of the region's largest employers is holding people back, she said, adding that if the federal government must slim down, it needs to happen quickly.

"The fear is causing as much damage as the austerity itself," she said. "If you let it linger over three years, then we're going to have that fear for three years. We need to mitigate that uncertainty."

Some boutiques on Bank Street know all too



► Nadia Gelbman, co-owner of Carmel Art Gallery on Bank Street, said she has seen a drop of holiday sales by about 40 per cent this year and now has to slash prices a little earlier than usual.

well what Kelly is referring to and are noticing a significant slump this year compared to 2010.

Nadia Gelbman's Carmel Art Gallery has been around for more than 20 years, and this holiday season she saw a 35 to 40 per cent drop in sales. A sign promoting a 20 per cent discount on custom frames sat next to a wall of frame samples Monday af-

ternoon while the owners talked with a customer.

"Would you believe that? In December?" said Gelbman. "We don't usually ever put that sign around this time."

When asked why customers are looking for cheaper items, she said, "They're struggling like all of us. There's a lot of layoffs. Who would think about buying luxurious

**"Last year we kind of decided that we would do it this way this year and because of the economy it's a good thing we decided to start that."**

OTTAWA RESIDENT SYLVIE LEGROS ON WHY HER FAMILY IS DOING A GIFT EXCHANGE

items?"

The manager of Boutique Le Papillon, also on Bank Street, had to pull out her 40- to 50-per-cent-off sale sign early, too, for her collection of women's clothing.

Her store has been in Ottawa for more than 30 years, and Friday was the first time she had to advertise her annual January sale in December.

1

news



More and more of China's Communist Party members are flouting compulsory atheism, much to the consternation of top officials. Scan the code for the story.

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**These days, the best indicator of how the North American markets will perform is not North American data, says Allan Small, but European data. More at metronews.ca/investing**

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**News in brief****Young family safe but loses home to fire**

**HOUSING CO-OP.** A woman and her three children were forced to flee their row house when fire broke out in their living room Monday.

Ottawa fire spokesman Marc Messier said no one was injured in the blaze and the woman and her kids, aged one, two and five, are being relocated to a different unit in the not-for-profit housing co-op run by the Kanata Baptist Church.

Heavy smoke caused \$115,000 worth of damage to the interior and contents of the home, the fire service estimates. The fire broke out just after 11 a.m. and was under control by 11:19, fire-

fighters say.

"We're still looking into the cause of the fire," said Messier. **METRO**

**Crash into SUV, house ends in impaired arrest**

**OSGOODE.** A 26-year-old Montreal man is facing an impaired-driving charge after police say he crashed his subcompact car into a parked SUV before careening his vehicle into a house in Osgoode early Monday morning. Paramedics said the man wandered away from the accident scene with a large gash in his head looking for help at a neighbouring house. Paramedics said the man lost a significant amount of blood but was stabilized before being taken to hospital. Mohamed Mousavi Zadeh is facing a single count of impaired driving, police say. **METRO**

# Oliver! gives to those in need

► Gritty, sometimes-tragic story balanced by musical's message of love, actress says ► Plays through Dec. 31

CONTRIBUTED



► The cast of Oliver! pose for a photo during a rehearsal. Julie Tamiko Manning is at front right.

 **SEAN MCKIBBIN**  
@METRONEWS.CA

The National Arts Centre English Theatre's production of Lionel Bart's Oliver! is adding a benefit matinee to help Ottawa's needy.

The musical based on Charles Dickens' classic novel of a poor orphan's struggle in Victorian England has attracted a total audience of 17,000.

To celebrate the artists and audiences who have made Oliver! such a roaring success, the NAC English Theatre is adding a

**Benefit matinee**

- Friday, Dec. 30, 2 p.m.
- Tickets are \$38-\$80
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special benefit matinee performance on Friday, Dec. 30 at 2 p.m., with all proceeds to go to the Actors' Fund of Canada and the Ottawa Food Bank," the NAC said in a news release.

"It's one of those classic stories that everyone knows about," said Julie Tamiko Manning, who plays Nancy in the production. Nancy, a street thief in a gang, takes Oliver in and tries to protect him. Tamiko said people connect with the universal themes in the play and its social message about economic inequality.

"People have a real love of musicals," she said.

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## News in brief

THE CANADIAN PRESS/THE ASSOCIATED PRESS

**Bob Barker foots elephant bill**

**PRICE IS RIGHT.** Former game show host Bob Barker will apparently cover the full cost of transporting three elephants from the Toronto Zoo to California.

In a statement, the PAWS organization says Barker will pay an unspecified amount to move Toka, Thika and Iringa to their new home.

THE CANADIAN PRESS

**Parents charged in sibling shooting**

**DELORAIN, MAN.** The parents of a five-year-old boy who shot his younger sister on a farm in Manitoba are facing several charges, including criminal negligence and drug possession.

On Nov. 26, police went to a home and found a four-year-old girl had been shot just below the kidney — she has had surgery and is now recovering from her injuries.

THE CANADIAN PRESS

**Lack of snow has cows thirsty**

**REGINA.** The SPCA in Saskatchewan is concerned about how a lack of snow is causing a shortage of drinking water for cows this winter as it's not uncommon for cows to go to pasture in winter to eat snow.

THE CANADIAN PRESS

# Curbing health spending

**► Federal Tories new plan to cut back health-transfer payments leaves some provincial ministers visibly angry**

GEOFF HOWE/THE CANADIAN PRESS

► Federal Finance Minister Jim Flaherty, centre, speaks to Bank of Canada Governor Mark Carney prior to a provincial, territorial and federal finance ministers meeting in Victoria on Monday.

**Transfer details**

- Flaherty announced Monday new health spending investments of \$178 billion over five years.
- He said even when transfers drop to be tied to the nominal GDP rate, Ottawa is guaranteeing provinces the funding will never dip below a three-per-cent increase.

there has "obviously" been some concern among provinces.

He said his provincial and territorial counterparts were briefed about Ottawa's plans at a dinner last night.

"We do need to talk about the way forward in terms of being fiscally responsible, not only at the federal level but across the country, all the governments," said Flaherty.

THE CANADIAN PRESS

ister Dwight Duncan.

"It's a lump of coal."

Duncan said his colleagues were all shocked at Ottawa's unilateral deci-

sion.

"He put the document in front of us and said this is how it's going to be."

Flaherty acknowledged

**Russia bans import of seal products: Activists**

Animal-welfare activists say Russia has banned importing harp-seal products, which they say threatens the survival of the embattled Canadian sealing industry.

The International Fund for Animal Welfare says it has obtained documents from Russia and the World Trade Organization showing the ban went into effect

**38K** When the annual East Coast hunt concluded last spring, federal officials said the season was one of the worst on record with only 38,000 seals slaughtered. That's less than 10 per cent of the allowable catch.

in August. The group says Russia represents one of the largest buyers of Canadian seal products. The EU introduced its own trade ban in 2009.

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**Royals. Red carpet**

ARTHUR EDWARDS/WPA POOL/GETTY IMAGES

## Royals strut their stuff

The awards, run by The Sun newspaper, celebrate the bravery of members of the British armed forces and award those deemed to have served their country with the highest distinction in the past year.

Tuesday, December 20

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# North Koreans mourn 'dear leader'

► Kim Jong Il died of a heart attack on Saturday ► World waits to see how his power will be transferred

North Koreans marched by the thousands on Monday to their capital's landmarks to mourn Kim Jong Il, many crying uncontrollably and flailing their arms in grief over news of their "dear leader's" death.

North Korean state media proclaimed his 20-something son Kim Jong Un a "great successor," while a vigilant world watched for any signs of a turbulent transition to the untested leader in an unpredictable nation known to be pursuing nuclear weapons.

South Korea's military went on high alert in the face of the North's 1.2-million-strong armed forces following news of Kim's death after 17 years in power.

U.S. President Barack Obama agreed by phone with South Korean President Lee Myung-bak to closely monitor developments.

On the streets of the North Korean capital, Pyongyang, people wailed in grief, some kneeling on the ground or bowing repeatedly. Children and adults laid flowers at key memorials.

The death could set back efforts by the United States and others to get Pyongyang to abandon its nuclear-weapons ambitions, because his son, Kim Jong Un — as an untested successor — may seek to avoid any perceived weakness as he moves to consolidate control.

THE CANADIAN PRESS



KYODO NEWS/THE ASSOCIATED PRESS

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# Phone hacking routine: Whistleblower's brother

► Practice was referred to by journalists as 'the dark side' ► Scandal has implicated more British papers

Illegal voicemail interception and cellphone tracking was a matter of routine at both The Sun and the News of the World tabloids, the brother of a whistleblower at the centre of Britain's phone-hacking scandal said Monday.

Stuart Hoare — brother of the late journalist Sean Hoare — told an inquiry into British media ethics that both papers, published by Rupert Murdoch's News International Ltd., broke the law as part of their "daily routine."

"The reality was that phone hacking was endemic within the News International group," Hoare said in a witness statement published on the inquiry's website. "I know this to be the case because Sean and



I regularly discussed this and there are emails in existence which support Sean's description of a practice referred to during such meetings as 'the dark side.'

Sean Hoare was the first former News of the World journalist to publicly accuse his former editor Andy Coulson of being at the hub of a culture of

Market moment	
TSX	Dollar
- 95.68 (11,539.7)	- 0.16¢ (96.27¢ US)
OIL	Natural gas
	\$3.096 US (- 3¢ US)
+ 35¢ US (\$93.88 US)	Gold \$1,597.90 US (- \$1.20 US)

wrongdoing at the paper, an allegation that helped ignite the scandal that forced Murdoch to close the British tabloid.

THE ASSOCIATED PRESS

Tweet. Investment



► Saudi Prince Alwaleed bin Talal bin Abdulaziz Alsaud and his wife, Princess Amira, arrive at The Savoy hotel in London last year.

## Saudi prince buys stake in Twitter

Saudi billionaire Prince Alwaleed bin Talal and his investment firm, Kingdom Holding Co., are pouring \$300 million into Twitter, Alwaleed announced on Monday. The investment follows months of negotiations and will give him a "strategic stake" in Twitter. Alwaleed, a nephew of the Saudi king, has a history of investing in media and technology companies, and said the deal represents an interest "in promising, high-growth businesses with a global impact."

## No threat of Christmas strike: Pilots

The Air Canada Pilots Association says travellers do not have to worry about a strike over the busy

Christmas season. The union group issued a statement to that effect. Pilots aren't in a legal strike po-

sition until mid-February, when they face a potential deadline.

THE CANADIAN PRESS

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# YOUR PAST REARS ITS UGLY HEAD ON FACEBOOK

## SHE SAYS ...

JESSICA NAPIER  
METRO



Everybody hates change, especially us over-entitled Facebook users. Whenever the developers at the omnipresent social networking site make even the slightest tweaks, a large percentage of the 800 million active users become a seriously whiny bunch. And while modifications to privacy settings are a completely legitimate concern, you have to wonder if the digital uproar over every little page layout alteration is really all that necessary.

So when Mark (King of the Internet) Zuckerberg announced that Facebook would be overhauling the entire site and introducing its new Timeline feature, all kinds of Internet hell broke loose. The angry masses took to their keyboards to protest about the changes in fuming status updates, ironically using the very medium they're criticizing to complain about it. How very meta right? Somewhere, Marshall McLuhan is smiling.

Once upon a time, Facebook sold itself on connecting people, but the new feature (which finally launched worldwide last week) reveals what the site has really been about all along: vanity.

**"And remember all of those lost photos from your fat years that were once buried in ancient albums? Well now they're just a click away!"**

from your trip to Southeast Asia last year. All of which to prove to your friends that you might actually have some substance.

More importantly, Timeline's neatly organized yearly catalogue makes taking a walk down memory lane that much easier. Us early adopters (I've been sharing my own mundane personal details since November 2005), we can't resist the temptation to jump back and forth throughout the years, reliving our not-so-distant past through old conversations and tagged photos.

Remember when you signed all your wall posts with your name at the bottom because it was maybe kind of like an email? How silly. And remember all those lost photos from your fat years that were once buried in ancient albums? Well now they're just a click away!

Yes there's plenty to discover on Facebook in the age of Timeline. But before you publish your digital autobiography, you might want to take a moment to edit those posts from the years before you accepted your mom's friend request. After all, Facebook is the one place where life's most cringe-worthy moments can be deleted for good.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

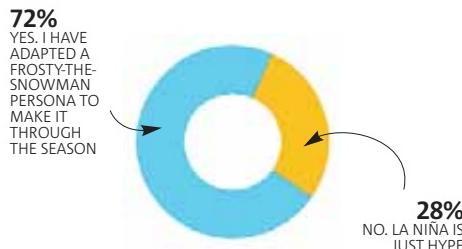


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Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Are you ready for the messy, unpredictable and stormy winter that meteorologists are calling for?



## Local tweets



- **@JGab12:** Unbelievable. Kyle Turris will wear No. 7. What is he thinking??#Sens
- **@NatHedges:** Why does a little rain make everyone in ottawa a brutal driver?! #FIO#annoying
- **@psnj:** it's 4:20, and you know what that means. that's right: sunset.#ottawa
- **@MsBelvitt:** #canadianweather wouldn't think an umbrella around christmas would be essential to have #ottawa
- **@JasonKHSu:** \$30.49 for eight razor cartridges?!? Here Schick, I'll just give you my car next time for down payment.

## PHOTO CHALLENGE WINNERS

► The winners of the 2011 Metro Global Photo Challenge have been chosen ► One of this year's winners lives in Montreal

Metro is proud to present the winners of the 2011 Metro Global Photo Challenge. After 162,000 submissions from thousands of photo enthusiasts, Metro readers and a star-studded jury have selected their top four.

The winning entrants each earn a trip worth roughly \$1,300 to any of 100 cities where Metro is published. ■ METRO WORLD NEWS

**MOMENTS OF MY LIFE WINNER:  
THE MAGIC LANE**



Metro spoke with music-management student Pierre-Philippe Kikhounga, 26, who is from Paris but lives in Montreal.

Tell us about your winning



photo.  
It was a sunny day in Parisian district Etienne Marcel. Moments before I took this shot, I was thinking to myself how lucky it is for a photo lover to roam the streets of Paris. All of a sudden, I heard children playing, went around the corner, saw the children having fun, got on my knees and quickly shot the photo.

The prize is a trip to any Metro city in the world. Where do you plan to go?

**"This image takes us all back to that childlike freedom when none of us had a care or worry in the world. A delightful reminder of the joys of youth. You can almost hear their cheers!"**

JURY CHAIRMAN NIGEL BARKER

I will probably choose a city in Latin America: Brazil, Mexico or Chile.

What's your secret tip in cap-

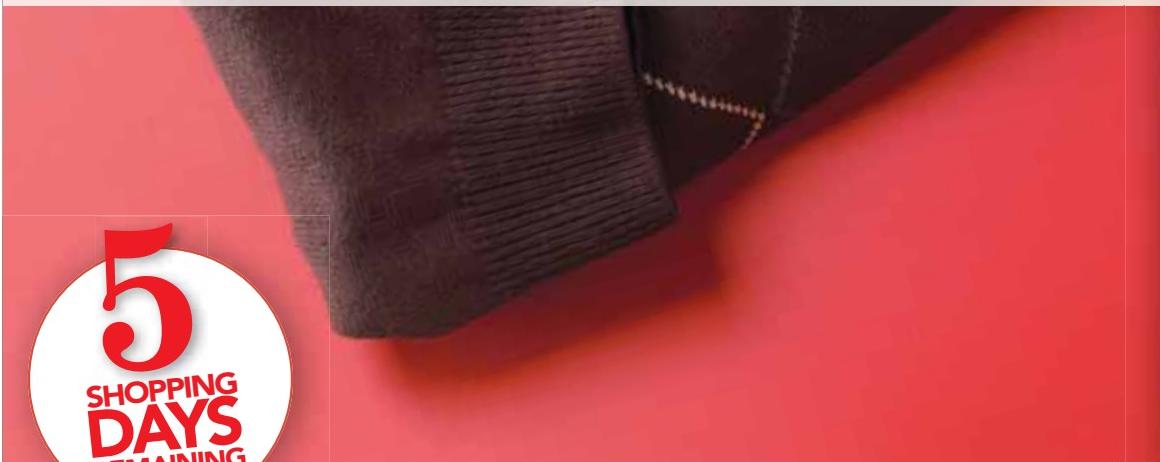
turing the perfect picture?  
For me, there is no such thing as a perfect picture — only a perfect moment and a perfect time. The only tip I can give is don't see but watch.



For a complete list of Metro Global Photo Challenge winners, scan the code.



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## Scene in brief



Paul McCartney is releasing an album of standards — plus two new songs of his own. The former Beatle announced Monday that his new disc will be out on Feb. 7. It doesn't have a title yet but he's already streaming one song, My Valentine, on his website.

THE ASSOCIATED PRESS



Jamie Bell says actors' performances lend heart and soul to tech-heavy *Tintin*

# Best and worst of 2011

► Before we get carried away with promising new movies of 2012, let's take a moment to remember 2011 in film ► Here's Metro's picks of the best and worst the year had to offer



NED  
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METRO WORLD NEWS IN HOLLYWOOD

## The Best

### 1. Hugo

Whether in 3D or not, Martin Scorsese's tribute to childhood and the early days of cinema dazzles and enchants — thanks in no small part to newcomer Asa Butterfield as the titular orphan keeping the clocks in a Paris train station running.

### 2. Shame

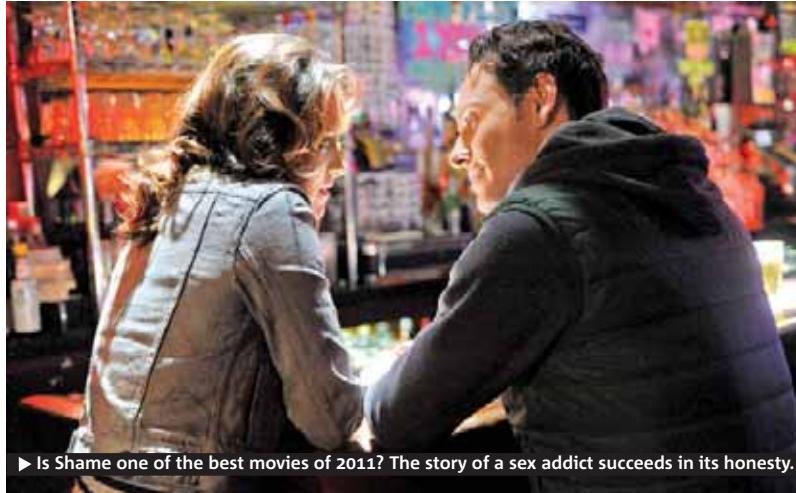
All nudity jokes aside, Michael Fassbender turns in one of the most powerful performances of the year as man feeding his sex addiction while trying to keep the rest of life at arm's length. A bummer of a film, to be sure, but it's a more honest and unflinching look at life than audiences have seen in a long time.

### 3. Beginners

A sweet and crafty film, Mike Mills' semi-autobiographical tale about a man (Ewan McGregor) dealing with his 75-year-old father (Christopher Plummer) coming out of the closet is quite simply a thing of beauty.

### 4. Like Crazy

Fair warning: This film is trying to break your heart — and it succeeds, thanks to frank and risky impro-



► Is *Shame* one of the best movies of 2011? The story of a sex addict succeeds in its honesty.

vised performances by Felicity Jones and Anton Yelchin as young lovers who make stupid but whole believable decisions for the sake of love. Quietly devastating.

### 5. Weekend

A startling debut from British filmmaker Andrew Haigh that chronicles the meeting and subsequent three-day romance of two men in elegant, true-to-life frankness.

## The Worst

### 1. J. Edgar

There were arguably worse films this year — just check further down this list — but Clint Eastwood's simultaneously too subtle and clumsily loud biopic fails more spectacularly



► J. Edgar's star power couldn't save the clumsy biopic from crashing.

than the rest. Given the Oscar-winning talent involved, the artless melodrama of *J. Edgar* is particularly startling.

### 2. Waiting for Forever

It's not nice to pick on smaller films, but this indie gem was so egregious it demands mention. Its greatest offence? Playing stalking and mental illness off as cute rom-com behaviour.

### 3. New Year's Eve

A romantic comedy Death Star that can't hide its cynicism, the movie did manage to sneak in Sarah Jessica Parker being introduced by the sound of horse hooves, so it's not a total loss.

### 4. Larry Crowne

A completely tone-deaf and sexless romantic comedy, featuring Tom Hanks and Julia Roberts doing their best approximation of "everyday people" — and showing just how out of touch they are.

### 5. The Twilight Saga: Breaking Dawn — Part 1

Criticizing the *Twilight* franchise is a futile enterprise, of course, but this latest entry — half a book stretched out far longer than the story can support — brings something new to the series' list of offences: It's unbearably boring. Also, no title should need that much punctuation.

## WinYourGifts.ca

Every day, from every Winners and HomeSense store, one lucky shopper could win back the value of their holiday purchase\* December 1 to 24.



# Jeremy Renner gets some action

► Oscar-nominated actor channels inner action hero in MI4

 JÉRÔME  
VERMELIN  
SCENE@METRONEWS.CA

After Oscar nominations for the dramas *The Hurt Locker* and *The Town*, actor Jeremy Renner did what any self-respecting Californian would do: Take roles where he could blow stuff up in big-time action movies. Besides this week's *Mission: Impossible — Ghost Protocol*, opposite Tom Cruise, he's got next year's *Hansel and Gretel: Witch Hunters*, plays Hawkman in *The Avengers* and takes over for Matt Damon (as a new character) in *The Bourne Supremacy*.

"Suddenly, the offers came streaming in," he says of his life, post Academ-

my Awards.

In *Mission: Impossible 4*, he plays Brandt, an analyst for the Ministry of Defense who joins Tom Cruise's Ethan Hunt in order to put a stop to the elaborate plans of a terrorist. "The action is ongoing, but I wanted my character to be credible," insists the actor.

Renner is also full of praise for Cruise, his producer and co-star in the movie. "Sometimes he came across like this super experienced guy, paying attention to every single thing happening on set. Other times, he would be like a teenager ... ready to take on the craziest of stunts."



► Jeremy Renner

HANDOUT

Opens

Wednesday

**Mission: Impossible — Ghost Protocol** opened in IMAX theatres last Friday. It will open everywhere else Wednesday.

Movie reviews See it twice  | See it now 

Worth watching  | Yawn  | Don't bother 



## The Girl With The Dragon Tattoo

**Genre:** Drama  
**Director:** David Fincher  
**Stars:** Daniel Craig, Rooney Mara, Stellan Skarsgård

 1/2

Sweden and director David Fincher were apparently made for each other. In the English-language version of *The Girl with the Dragon Tattoo*, Fincher certainly makes the most of his stark locations, with the wintry scenes almost in black and white. The man just knows how to move a camera, with even pans

across quiet hallways and motorcycles zipping around curves a feast for the eyes.

The real reason to see the film, though, is Rooney Mara as rough-edged computer hacker and ward of the state Lisbeth Salander. She stalks the frame, hitting both self-assured power and self-doubting vulnerability naturally.

Mara can do more with one quiet stare than most actresses in Hollywood can with their whole bodies. Her counterpart, Daniel Craig as disgraced journal-

## Showtimes

- **Empire Cinemas:** (18A) Digital Tue 7 Digital Wed-Thu 3:15-6:20-9:30
- **South Keys:** (18A) Tue 7:10-15 Wed-Thu 11:45-3:15-6:45-10:15
- **Gatineau 9:** (STC) Wed-Thu 8
- **Starcite Hull:** (STC) Tue 7:15-10:30 Wed-Thu 12:25-3:50-7:15-10:40
- **Barrhaven Cinemas:** (18A) Tue 7:25 Wed-Thu 4:30-7:50
- **Gloucester Silvercity:** (18A) Tue 7:70-10:25-10:55 Wed-Thu 12:30-4:7:30-10:55 Wed-Thu 11:45-3:15-6:45-10:10
- **Empire Theatres Orleans 6 Cinemas:** (18A) Tue 7 Wed-Thu 3:6:30-10
- **Kanata 24:** (18A) Wed-Thu 10:55-11:25-12:25-2:20-2:50-3:50-5:45-7:15-9:15-10:10-10:40

ist Mikael Blomkvist, impresses as well as a very un-Bond not-so-super sleuth. When their story lines converge halfway through the film, the chemistry and camaraderie is electric. More please.

● NED EHRBAR



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# Sort out the naughty from the nice

► This year's holiday releases are a mixed bag ► Michael Bublé flirts with Santa, a Stone Temple Pilot gets into reggae and jazz and Gaga wants a white snowman ► Read on as Metro helps you sort through the music



## Michael Bublé, Christmas

**Naughty:** The biggest problem with this album is that once you hear it, you'll have to admit that you like Michael Bublé. But if the people you're telling have



heard Christmas, then they'll go easy on you.

**Nice:** Bublé is silly, classy, and so right on-key. Plus, he re-imagines almost every song on this album. Sure, it's a little weird to hear Santa Baby as a vaguely homoerotic May/December come-on, but his torch song treatment of Mariah Carey's All I Want For Christmas Is You unearths a real longing that's missing in Mimi's version.

## She & Him, A Very She & Him Christmas

**Naughty:** M. Ward's guitar playing is as beautiful as ever and Zooey Deschanel's voice is like the moon on the breast of the new-fallen snow, but it would be nice if there was at least one original track to spice up this 12-song collection. If you're not



listening closely to them

playing these standards, you might think you're listening to one really long song. **Nice:** She & Him switch the she and him roles on Baby It's Cold Outside, so Zooey Deschanel is the one persuading M. Ward to stay just a little bit longer. This long overdue update makes the 1936 song about 50 per cent less date-rapey.



## Eldridge Rodriguez, Christmas on the Allston-Brighton Line

**Naughty:** The major downfall of this three-song EP is that it's only a three-song EP.

**Nice:** The way that E.R. integrates pre-existing holiday lines into his originals is ef-

fortless. "I've got my records on, but all I play is Silent Night," he sings on Baby I'm Alone Tonight (Christmas Time). And though his narrator is certainly having a blue Christmas, there's a playfulness to the presentation, evident from the title of the song Christmas Eve (At Old Country Buffet).

## Scott Weiland, The Most Wonderful Time of the Year

**Naughty:** The first half of this album finds the Stone Temple Pilots singer sounding like a drunk who would be featured on the gag-reel of the Ameri-

can Idol auditions episodes.

**Nice:** As the album goes along, Weiland sobers up, finds his footing and dresses up standards like What Child Is This and O Holy Night in jazzy and island rhythms, respectively.



## Mariah Carey & John Legend, When Christmas Comes

**Naughty:** This song from Mariah's 2010 album, Merry Christmas II You, was rolled out as a single last month. With its department store horns and not-so-smooth R&B groove, the tune sounds like it was recorded for a made-for-basic-cable-television movie. There are little sleigh bells in the recording and the lyrics are cringe-worthy, with lines like "I can't wait to unwrap your love," mixed with a light "Jesus is the reason for the season" reference.

**Nice:** The album artwork is actually pretty cool, made to look like a well-worn record cover in the tradition of the Carpenters.



## Lady Gaga, A Very Gaga Holiday

**Naughty:** This four-song EP, culled from her A Very Gaga Thanksgiving TV special, is only 25 per cent seasonal.

**Nice:** Only Mother Monster would have the audacity to add another verse to White Christmas. It's a stupid verse about her "dreaming of a white snowman," but it's kind of funny and her voice is right on.



**DVD Releases****Buy it | Rent it Borrow it | Yawn | Don't bother** **Midnight in Paris**

**Genre:** Comedy  
**Director:** Woody Allen  
**Stars:** Owen Wilson, Rachel McAdams, Kathy Bates

In Woody Allen's *Midnight in Paris*, the City of Lights is a leading lady, shot with reverence by cinematographers Darius Khondji and Johanne Debas who depict it with the rapture of lovers. But don't think this film is merely a delicious travelogue. Allen is musing on the folly of nostalgia, which seduces us with the



thought that life must have been better in the past.

It's an affliction that has struck Gil (Owen Wilson)

hard. He's a successful Hollywood screenwriter who would rather pen novels, and yearns for the romance

of Paris in the 1920s, the Jazz Age, when he presumes the words flowed as easily as champagne.

Gil finds himself in Paris with his fiancée, Inez (Rachel McAdams), and her wealthy, shallow parents. Faced with another boring evening with Inez and her pretentious friends, Gil begs off to go for a walk.

Wandering off his intended path, Gil finds himself somewhat lost just as a nearby clock strikes 12 and a vintage Peugeot rolls up to the curb. Its passengers

beckon Gil to join them.

Magical and dreamy, *Midnight in Paris* will take you on a trip you didn't bargain for.

• PETER HOWELL

**Margin Call**

**Genre:** Drama  
**Director:** J.C. Chandor  
**Stars:** Zachary Quinto, Stanley Tucci, Kevin Spacey

You don't have to understand the niceties of asset-backed commercial paper to enjoy the boardroom thriller *Margin Call*, the

fast-moving feature debut from writer/director J.C. Chandor. Set over two tense days and one very long night at a Wall Street investment firm very like the late Lehman Brothers, *Margin Call* is a realistic take on what happens when high-flying money speculators suddenly hit ground.

Director Chandor made the right decision focusing his lens on the people — not the numbers — of the financial crisis. This is a Greek tragedy wearing pinstripes. • PETER HOWELL



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# At least Courtney's house was Pretty on the Inside

► Rocker evicted as owner finds hand-painted walls ruined, among other things

After damaging the decor in her \$27,000 a month New York City townhouse, Courtney Love has been evicted, according to the New York Post.

"I was horrified by what she had done. The walls that had been hand-painted and glazed were ruined, covered in damask wallpaper and ice-blue paint," the owner, Donna Lyon, says of Love, who is reportedly two months behind on rent as well.

And that's after starting a fire in the master bedroom in June.

"I got a call from her accountant, who said, 'Miss Love is fine,' which I was glad to hear," Lyon says.

"But I thought, 'What about the house?'"

● METRO



► Courtney Love

## Finally, Lohan a hot commodity again

For the first time in a long while, Lindsay Lohan has a bona fide hit on her hands.

Retailers are reportedly having trouble keeping copies of her issue of Playboy in stock, according to TMZ.

There also has been a surge of online subscribers to the magazine's website since the release of the troubled actress' naked pictorial.

● METRO



► Lindsay Lohan



► Ellen DeGeneres

## Ellen moves in to Pitt's home

Brad Pitt didn't have to look far to find a buyer for his Malibu mansion: Ellen DeGeneres and Portia de Rossi snatched up the \$12-million property with private beach access this month, according to Us Weekly.

"It was a quick transaction and Brad's stuff is already out," a source says.

"Ellen and Portia would like to start using the house immediately."

● METRO

## Arranged marriage in Hollywood?

Hollywood matchmaking apparently starts early, as Viola Davis is hoping to set up 16-month-old adopted daughter, Genesis, with Sandra Bullock's adopted son, Louis.

"Oh yeah, I'd absolutely love to set her up with Louis," she jokes to People magazine.

"That kid is so cute. He's going to be a bruiser. But let's try to get a play date in first. If they are ever in the same place, we'll get them together."

● METRO



► Viola Davis

## Celebrity tweets



Not a great year for tyrants...



@piersmorgan

Bin Laden, Gadhafi, now Kim Jong-il

@joan\_rivers

The recipe for Christmas goose is the same as Hanukkah goose. The difference is we let the housekeeper cook it.



@HowardStern

Can't find a newspaper.

@BetteMidler

Yes many things are horrible, but how about in-grown toenails? Mommeeeeeee!!!!!!

## He's no Belieber in old Saint Nick

Justin Bieber never believed in Santa Claus.

"My mom always told me there wasn't a Santa," the pop star tells AOL Music.

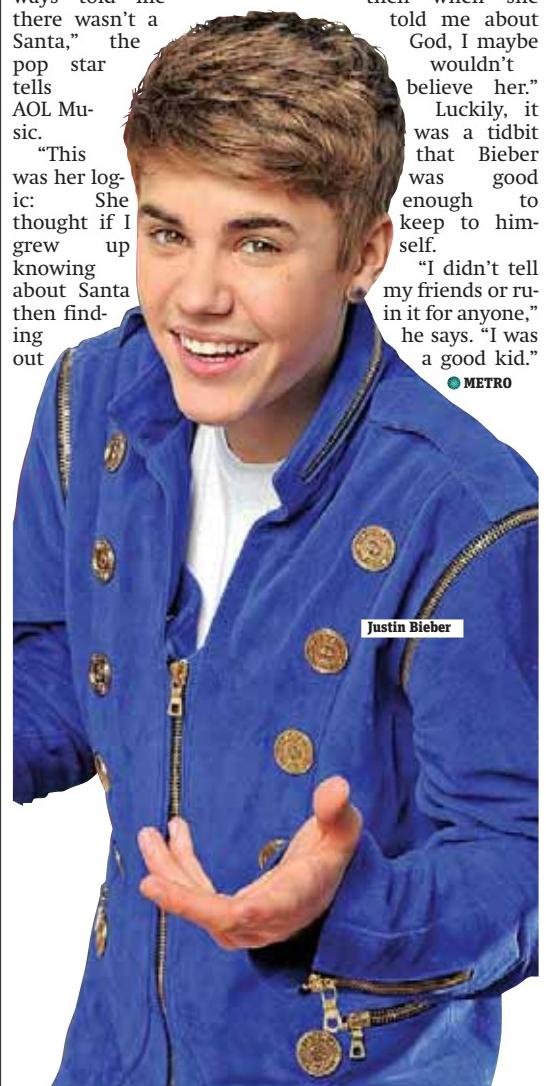
"This was her logic: She thought if I grew up knowing about Santa then finding out

he wasn't real, that it would be like she was lying to me. And then when she told me about God, I maybe wouldn't believe her."

Luckily, it was a tidbit that Bieber was good enough to keep to himself.

"I didn't tell my friends or ruin it for anyone," he says. "I was a good kid."

● METRO



Justin Bieber

**From a writer of “The Office”...**

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# Don't fear the feast

► The holidays can do some serious damage to your waistline ► But with some careful plans you can still enjoy the fun without suffering the New Year's hangover ► Read up and dig in



**CELIA MILNE**  
LIFE@METRONEWS.CA

There are so many temptations at this time of year.

Whether it's the treats that constantly seem to be on offer at work, the huge family dinners, or junk food to accompany a movie, the holidays are famous for luring us into eating and drinking too much.

Eggnog, shortbread, gravy, and plenty of booze — beware.

The good news, according to Kim Arrey, a dietitian and nutrition coach in Montreal, is that, with a little advance planning and careful choosing, you can indulge without too much guilt.

She estimates that the average weight gain during the holidays is three to five pounds.

"When faced with so many opportunities to consume foods that contain more fat, more salt or more sugar, and may be less nutrient dense than usual, many people are overwhelmed. Since many of these goodies are only offered up once a year, the option is clear — eat the goodies."

Arrey recommends you accept that there will be temptations, and choose between them. For example, skip the eggnog but have one dessert, if dessert is your thing.

**Holiday tips**

Here are Arrey's tips for navigating the holiday season:

- **Slow down** Enjoy all aspects of your meal — savour the taste and texture of your food and the conversation going on around you.
- **Stay the course** Eat your favourite foods, and drop the ones you eat just because they are there. "Plum pudding only comes around once a year, so if you enjoy it, leave room for it by not eating the mashed potatoes. Why waste calories on foods you do not like?" says Arrey.
- **Snack** Eat a snack between meals. This helps you eat smaller amounts at meals. Try a source of protein, such as nuts or cheese, along with fruit or vegetables and dip.
- **Rule** When putting food on your plate, remember the one-quarter, one-half, one-quarter diagram: Try to fill half of your plate with vegetables and only one-quarter of the plate with grains or potatoes and one-quarter of the plate with meat and alternatives. "Unless they are drowning in butter or sauce, vegetables are a great way to include great taste, nutrients and not too many calories."



► You can still enjoy the seasonal foods and not hurt your waistline.

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**BONNIE MUNDAY,**  
EDITOR-IN-CHIEF,  
BEST HEALTH  
MAGAZINE

### Spice of the season

The aromas and flavours of spices signal the holiday season — and they're good for you. Our senior editor Margaret Nearing rounded up some of the latest studies for the December issue of Best Health.

#### Nutmeg

It's long been known as an aphrodisiac, though the evidence has largely been anecdotal.

Now scientists at the University of Guelph have reviewed the research showing nutmeg increased sexual activity in animals.

Why not sprinkle a little extra on your eggnog?

#### Cardamom



► Find out which spices are good for you.

It's a source of manganese, and a U.S. study found that women who ate high amounts of manganese each day had fewer PMS symptoms than those who ate the

least.

Add a generous sprinkle to your morning coffee or tea.

#### Cloves

These are one of the best

sources of antioxidants, the compounds that help fight off disease-causing free radicals in our bodies.

Next time you make rice, add a few cloves to

the cooking pot.

#### Cinnamon

A study shows that a whiff of cinnamon, or chewing cinnamon gum, stimulated the cognitive process and improved scores in working memory and visual-motor response speed.

Sprinkle cinnamon on your morning cereal.

#### Ginger

It has long been used to soothe upset stomachs.

Now, Toronto researchers recommend ginger as a "safe, effective and inexpensive solution" for nausea and vomiting due to pregnancy. (But check with your doctor first.)

Ginger makes a great addition to any rub for roasted meats.

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## Thoughts on ... Strength

**BE STRONG.** We often spend so much time focusing on our shortcomings, but today, right now, focus on one of your many strengths.

Exactly what is a strength? Maybe you're good with numbers, or good with people, or good with children.

Maybe you're a problem solver, an inventor or an organizer. Anything that comes naturally to you is a strength and a gift. The very act of thinking about what your strengths are, and then having the bravery to implement them in the world does something magical to your life. What is the one thing that you do well, or characteristic or virtue that seems to just flow from you?

**NATASHA DERN IS THE HOST OF  
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## MERRY CHRISTMAS! HAPPY HOLIDAYS! BEST OF THE SEASON!

At this time of the year, it is always joyous to think of the time we will spend with family and friends enjoying the best the Christmas season has to offer! For those of you celebrating Hanukkah, we hope your celebrations are special for you as well!

And of course, many of our readers will not be celebrating either event at this time of year. We hope that 2011 has been a wonderful year for you and wish you all the best for 2012 as well.

For the past number of years, we have thoroughly enjoyed taking the time to educate you on the importance of your dental health. It has been very rewarding to have many of our existing patients ask us questions about the information they read in our articles. It confirmed to us that we were providing a valuable educational service.

It was also very gratifying to have new patients come to our doors, motivated by what they read in the Metro. Many of these new patients had not visited a dentist for some time before our articles motivated them to take action. Seeing their new found commitment to their oral health makes us feel proud of our positive contribution.

Just as importantly, we know that many of you used the information in our articles to ask questions of your own dentists. We are only too happy to share that information as our mission with these articles was to educate and **improve the oral health of everyone, not just our own patients!**

Thank you for acting upon your newfound knowledge to better look after your health! We are certain your family appreciates it as well as **health and happiness, for ourselves and our loved ones, are the best gifts we can ever receive!**

In the New Year, we will be making some changes in the manner in which we help inform you about important aspects of your oral health. We will continue our partnership with Metro and you will be able to look for our ads here. However, our regular column will appear every week on our website at [www.rideaudental.ca](http://www.rideaudental.ca).

Here you will be able to access a comprehensive library of all of our past articles, as well as our future articles regarding optimal dental health.

So please continue to look for us and stay informed...because remaining informed about your oral health is a healthy habit...and healthy habits lead to healthy lives.

*The Doctors and Dental Team of  
Rideau Dental Centre*

# Lazy Pickle: Not lazy after all

► Made-from-scratch items like panini are this eatery's recipe for success

## LUNCH RUSH

SHARI GOODMAN  
FOOD@METRONEWS.CA



A new lunch spot has opened up on Carling Avenue catering to gluten-free and made-from-scratch food lovers.

Offering a handful of specialty grocery items and a few tables for dining in, this spot is serving up some of its favourite recipes with a charming authenticity.

► **Lazy Pickle**  
1809 Carling Ave.  
613-695-6001  
Reservations: No  
Social lunch: Yes  
Quick solo lunch: Yes  
Co-worker lunch: Yes  
Price range: \$  
Rating: 4.5 out of 5



► Tomato bisque and panini with turkey and spicy cranberry salsa.

One of the soups of the day was tomato bisque. It had chunks of tomatoes and was perked with allspice. Though not overly creamy, it was smooth and rich.

I ordered the special panini of the day, pressed to order: Turkey with spicy cranberry salsa.

Pieces of turkey from a freshly-roasted bird were sandwiched between fresh Italian bread and slathered with sweet but tongue-tickling cranberry salsa.

It was a perfect combination of flavours.

For dessert, I couldn't resist chocolate cheesecake

decorated with caramel and maraschino cherries. It reminded me of Nanaimo bars in cheesecake form and was worth the splurge.

The people behind Lazy Pickle are by no means lazy. They make everything from scratch. And it shows.

MATTHEW MEAD / THE ASSOCIATED PRESS

## Cinnamon Bun Bread Pudding



3 Cut each cinnamon bun into 2.5- to 5-cm (1-to-2-inch) chunks. Arrange chunks in even layer in prepared baking dish. Pour egg mix over pieces of cinnamon buns. As you pour, use fork to press on bun pieces to help them absorb liquid.

4 Bake in 180 C (350 F) oven 25 to 30 mins. or until lightly puffed and starting to brown. Let cool 15 to 20 mins. Meanwhile, in a bowl, whisk together icing sugar, water, vanilla and remaining cinnamon. Drizzle bread pudding with glaze, then cut it into 12 squares. THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS

### Preparation:

1 Coat a 3 L (9-by-13-inch) baking dish with cooking spray.

2 In a blender, combine eggs, cream, 5 ml (1 tsp) of the ground cinnamon and salt; puree until smooth. Set aside.

### Ingredients:

- 6 eggs
- 375 ml (1 1/2 cups) 5% light cream or milk
- 10 ml (2 tsp) cinnamon

- Pinch salt
- 12 large glazed cinnamon buns
- 250 ml (1 cup) icing sugar
- 22 ml (1 1/2 tbsp) water
- 5 ml (1 tsp) vanilla extract

# Stovetop ham frees up oven

► Simmer the meat in a broth that allows the flavours to seep deeper



### Preparation:

1 Using a mortar and pestle or a resealable bag and a meat mallet, combine and lightly crush cloves, fennel, cumin and coriander.

2 In a large stock pot (big enough to hold ham) heat oil over medium-high. Add crushed

seeds, onions and garlic. Cook for 5 minutes or until onions begin to brown. Add wine, orange juice, lemon juice, Worcestershire sauce and oregano. Place ham in pot and fill with water to cover.

3 Bring to a boil, then reduce to a simmer. Cover

and simmer for 2 hours.

4 Line a baking sheet with foil and place a roasting rack over foil. Remove ham from pot and place on rack.

5 Glaze: In a small bowl, whisk together mustard and apple jelly, then brush mixture all over surface of ham. Roast in

### Ingredients:

- 15 ml (1 tbsp) whole cloves
- 5 ml (1 tsp) fennel seeds
- 5 ml (1 tsp) cumin seeds
- 15 ml (1 tbsp) coriander seeds
- 15 ml (1 tbsp) canola oil
- 2 onions, quartered
- 2 cloves garlic, crushed
- 250 ml (1 cup) white wine
- 250 ml (1 cup) orange juice

230 C (450 F) oven for 25 minutes or until surface of ham is golden and glaze is bubbly. Let ham rest in a warm place for 20 minutes before slicing.

- 50 ml (1/4 cup) lemon juice
- 50 ml (1/4 cup) Worcestershire sauce
- 30 ml (2 tbsp) dried oregano
- 1 bone-in ham (3.175 to 3.5 kg/7 to 8 lb)
- Glaze
- 125 ml (1/2 cup) Dijon mustard
- 125 ml (1/2 cup) apple jelly

ing. ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. (EMILYRICHARDSCOOKS.CA) / THE ASSOCIATED PRESS

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# Cheers to a new class of meatballs

Meatballs are a great holiday entertaining food. They are homey, well-loved and easy to make ahead of time.

But let's face it — they've been done. They've been done with ketchup. They've been done with beer and barbecue sauce. And they've been done with creamy gravies.

So how about something a little different? Some-

thing that adds some zing to the appetizer offerings.

Sweet, smoky with a kick of heat is always a great combination for holiday appetizers. This recipe has all that, plus a do-ahead sensibility.

The given directions are for making the meatballs on the stove, but if you prefer you can transfer them to a slow cooker to keep them warm for your party.

## Ingredients:

- 15 ml (1 tbsp) olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 500 g (1 lb) lean ground beef
- 500 g (1 lb) lean ground pork
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 1 chipotle pepper (in adobo sauce), minced
- 15 ml (1 tbsp) adobo

sauce (from canned chipotles in adobo)

- 15 ml (1 tbsp) red wine vinegar
- 2 eggs
- 175 ml (3/4 cup) panko breadcrumbs

### Sauce:

- 500 mL (2 cups) whole berry cranberry sauce
- 375 mL (1 1/2 cups) chili sauce
- 45 ml (3 tbsp) adobo sauce (from canned chipotles in adobo)

You also can keep them warm in a Dutch oven over a stovetop burner set on low.

Use toothpicks or little wooden serving skewers in order to serve the Cranberry Chipotle Meatballs at your get-together as an easy — but oh so different — hors d'oeuvre.

## Cranberry Chipotle Meatballs

### Preparation:

**1** Coat a large rimmed baking sheet with cooking spray.

**2** In a skillet heat oil over medium-high heat. Add garlic and onion and sauté for about 5 minutes or until soft and translucent; set aside to cool.

**3** In a large bowl, mix together cooked onion mixture, beef, pork, salt,

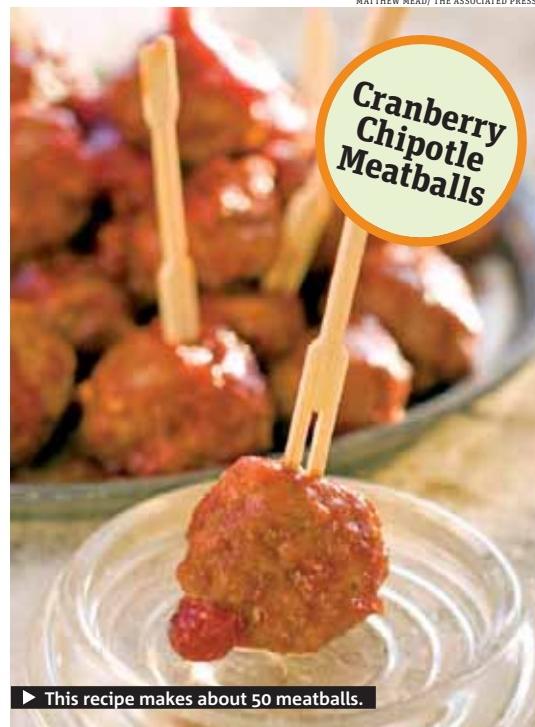
black pepper, chipotle pepper, adobo sauce, vinegar, eggs and bread-crums. Form mixture into 2.5-cm (1-inch) balls. Arrange balls on prepared baking sheet. Bake in 220 C (425 F) for 10 minutes or until cooked through and browned.

**4** Sauce: Meanwhile, in a saucepan combine cranberry sauce, chili sauce and adobo sauce and bring to a simmer over medium heat.

**5** When meatballs are done, transfer to a shallow bowl or rimmed platter. Pour sauce over meatballs and toss gently to coat and serve.

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ADAPTED BY EMILY  
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► This recipe makes about 50 meatballs.

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## MANNERS TAKE TIME, PRACTICE

**CHARLES THE BUTLER**



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**What is appropriate to expect from children with regards to table manners and etiquette?**  
**Myself, I always taught my children well, but I am appalled at the lack of manners of so many children these days.**  
**Sticky for Manners**

Dear Sticky for Manners,  
Well, the world has changed and children's manners aren't what they used to be. One of every

parent's nightmares is taking their children in public and being embarrassed from their lack of social skills. So let's review what is appropriate social behaviour.

Children should be taught manners and social skills from a very young age. As soon as they are able to start to reason and understand verbal language you can start with a simple please and thank you.

Once children start to get older (five to eight), learning table manners becomes important.

Understanding how to correctly use a knife and fork at the table, how to leave the table, drink from a glass, etc.

Now for those parents who think you can do this the night before a family

event, that is where you are going wrong; turning these skills into everyday habits is the objective.

Some of the reasons you need to practice this at the family kitchen table every night are because:

1. You must practice a new skill for 21 days to start a pattern.

2. It takes 100 days for this new pattern to become automatic.

This is why you must begin and practice manners daily at home. Remember, good manners are not just for when you have guests or are entertaining; manners are to be applied everyday amongst family members, friends and work.

**HAVE A QUESTION? EMAIL CHARLES AT  
ASKCHARLESTHEBUTLER@  
METRONEWS.CA**

# Guide to peacocking

- Plenty of holiday parties to attend the next few weeks?
- Read on to learn how to become the life of the party

Stressed out about the office Christmas party or your neighbour's drop-in bash for New Year's Eve?

You could send your regrets, or show up and hide in the corner while pretending to text all night.

Or you could go the other way and dazzle the guests with your outfit, wit and charm. Here's a guide to peacocking — or how to be the life of the party.

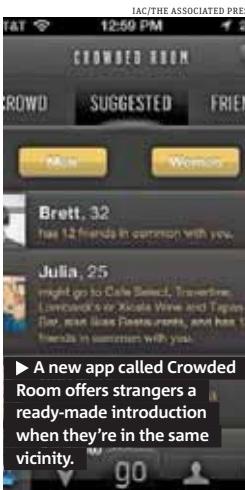
### DRESS

"Wear something festive: A colourful tie, an interesting pin or fashionable shoes are great conversation starters," said Jacqueline Whitmore, an etiquette expert and author of *Poised For Success*. "People tend to gravitate towards people who stand out or look interesting."

Christie Nightingale, principal of Premier Match, an upscale matchmaking firm, agreed, saying: "Stand out from the crowd by wearing a bright colour, like red or emerald green, not black."

### CONVERSATION

Have a list of easy questions in mind as conversation starters: "How's it going? Who do you know here? How did you get



here?"

Jokes can work, but be careful not to offend.

You could also brush up on current events, but be aware that most people would rather chat about subjects that are "easy and fun instead of getting so serious."

### INTRODUCTIONS AND COMPLIMENTS

"Walk around, get a solid idea of who's in the house and side right up to someone who seems interesting — maybe they're wearing a bright sweater, or a fun hat — and give them a compliment," said Sian-

Pierre Regis, founder of the Swagger: New York style website. "Then introduce yourself."

### TOASTS

For an office party, "another way to stand out, which takes a lot of practice and preparation, is to offer a very brief, humble toast, thanking your co-workers, colleagues, and the executive team for being great co-workers, colleagues, team, etc.," said Matt Eventoff, owner of Princeton Public Speaking, which trains executives for public appearances.

At a social gathering in someone's home, a simple toast might thank the hosts for bringing everyone together with good food, drinks and company.

### SMILE

"Give them your Mona Lisa smile," said Suzanne Zazu-lak Pedro, an executive coach and founder of The Protocol Praxis. Not a fake Pan Am stewardess smile, as she put it, but a close-lipped half-smile, "like you have a secret. It will not only make people wonder what you are up to, but it will also help initiate conversations."

**THE ASSOCIATED PRESS**

# On a quest to make new friends

Making friends shouldn't be complicated. We've been doing it since we were kids, right?

But for many of us, as a new book points out, "friend-making is not the natural process it used to be."

Chicago transplant and journalist Rachel Bertsche discovers this the hard way when she finds herself without close friends to speak of, two years after moving.

She comes up with a game plan to change her situation — go on one friend date a week over the next year, 52 in all. MWF Seeking BFF: My

Yearlong Search for a New Best Friend chronicles Bertsche's quest. If reading about several dozen meet-ups sounds like a drag, it can be at times. But more often than not, Bertsche's skill as a writer and the myriad ways she finds potential dates keep things interesting.

She asks current friends to set her up, approaches prospects at her yoga class and neighbourhood restaurant, signs up for a speed-friending event, consults a friend matchmaker and, demonstrating she's willing to give anything a shot, even tries a Rent-a-Friend website.

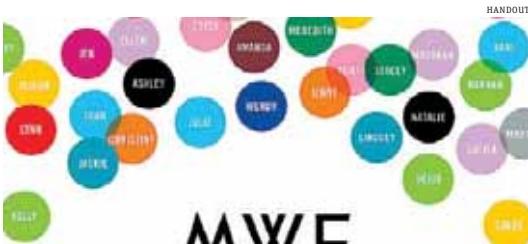
The book is also peppered with intriguing research on topics like what makes friends click, how many friends we need and the health benefits of having friends. ("Researchers found that having low levels of connection is comparable to smoking 15 cigarettes a day or being an alcoholic, more harmful than not exercising and twice as harmful as obesity.")

The audience for this kind of a book is probably limited. But Bertsche seems to have a clear idea of her target audience. She gives no explanation when referring to the likes

of Regina George (the lead bully in the 2004 movie *Mean Girls*), but feels the need to include this parenthetical comment when mentioning Gallup: "You know, the company that conducts all those polls."

For all the book's weaknesses — the gimmicky premise, the repetitive comparisons between her old friends and new friends, the sometimes tiring accounts of dates — a reader cannot help but root for Bertsche, cheer her successes and consider trying out some of her ideas.

**THE ASSOCIATED PRESS**



**MWF  
seeking BFF**

**MY YEARLONG SEARCH FOR A NEW BEST FRIEND**

*rachel bertsche*



## FA-LA-LA-LA-AAAHH: PAY OFF XMAS DEBT

### FUN AND FRUGAL

LESLEY SCORGIE  
MONEY@METRONEWS.CA



Happy holidays fun and frugal readers!

Have you been avoiding bringing in the mail?

Did you stash that dreaded credit card bill in a 'don't look now' drawer?

Most Canadian households have wreaked major havoc on their credit cards this holiday season.

Starting now, you need a plan to pay off your credit card debt as fast as possible so as to avoid massive interest charges in the new year.

The best way to deal with holiday credit card debt is to get organized. Figure out who you owe money to, how much and the interest rate.

Next, scrounge up an

**"While you're paying off your debts, don't rack up any more. You only need one credit card and I would recommend reducing the credit limit as you pay down the balance."**

extra \$10 or \$20 per week and pay a little extra on the highest interest credit and store card bills.

By making extra payments as often as you can, you're tackling the principle portion of the debt more often which translates into less interest being accumulated.

If you're stumped on where to find an extra \$20; cut back on cellphone plans or coffees and sell unwanted household items on Kijiji.

If you've got multiple credit card balances you can also save money by consolidating them into a small loan with a fixed term and repayment plan.

Though interest rates and payment flexibility are tempting, do not use credit lines as a pseudo-consolidation loan.

Credit lines don't have a collapsing balance and Canadians tend to borrow back all the payments they make toward the balance.

Credit lines were originally designed to help home owners build equity; not to mask over-spending problems.

While you're paying off your debts, don't rack up any more.

You only need one credit card and I would recommend reducing the credit limit as you pay down the balance.

A debt-free lifestyle translates into way less stress. So, make it your New Year's resolution to pay off expensive consumer debt as quickly as possible.

### ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



In this season of joy and giving and shopping who wants to think about getting ripped off?

But in this era of cyber predators we must take as much care with information as you would with your wallet in a place frequented by pickpockets.

The Financial Consumer Agency of Canada (fcac.gc.ca) urges everyone to be a little extra vigilant during the holidays, since we are often rushed and trying to do two things at once.

Justin Hwang, associate vice president of Fraud Management at TD Canada Trust, says that bogus websites can easily snare the unwary. He notes that website addresses beginning with https:// are usually secure. But if you update your antivirus soft-

#### Cyber crooks

Here are a few ways to protect yourself. Be sure to share these tips with your children as they are the fastest growing group of online consumers.

- Don't shop online using public or unsecured wireless Internet.
- Be cautious about sharing too much information on social networking sites.
- Be sure you know a site is secure before entering personal information.
- Use virus or spyware protection software and update it regularly.
- Avoid using the automatic password or personal information log in function on your computer.
- Don't use Wi-Fi hotspots to log into your social networking pages.

ware regularly you'll be alerted to the phony ones.

With so much shopping going on at this time of year you should also take a glance at your credit card



► Watch out for bogus websites.

and bank statements more often than normal to catch any unauthorized activity.

When you are short of time it's tempting to hand over your credit or debit card to a child to make certain purchases for you.

Aside from the fact that such use violates your contract with the bank, even the most responsible kids don't necessarily understand the importance of being vigilant about fraud.

But, of course, many youngsters these days have their own debit cards and may be authorized users on a parental card.

Watch them as they use these cards and coach them about ensuring their card is always close at hand.

They shouldn't put it on the cashier's counter where others in line can see it. And keeping their PIN one giant secret is vital. I recommend kids change their PIN every six months or so.

Have a wonderful and secure holiday.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

## Black Friday blues

Ah, the warm feelings of the holidays: Comfort and joy. Good cheer. And buyer's remorse.

People who rushed to snag discounts on TVs, toys and other gifts are quickly returning them for much-needed cash. The shopping season started out strong for stores, but it looks like the spending binge has given way to a holiday hang-

over. Return rates spiked when the Great Recession struck and have stayed high. For every dollar stores take in this holiday season, they'll have to give back 9.9 cents in returns, up from 9.8 last year, according to the U.S. National Retail Federation's survey of 110 retailers. In better economic times, it's about 7 cents.

THE ASSOCIATED PRESS



► Shoppers grab televisions at a store in Knoxville, Tenn., minutes after it opened on Nov. 25.

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**Buffalo at Ottawa**  
**7:30 p.m.**  
**TV: TSN**



The Senators (15-14-4) are one point behind Buffalo (16-13-3) in the Northeast Division. The Sabres lost 3-2 in overtime to Ottawa in Buffalo last Tuesday. Ryan Miller was pulled twice in an 8-3 loss to Pittsburgh on Saturday, once after allowing three goals on seven shots to start the first period, and again in the second after allowing two goals on eight shots. Miller has allowed four or more goals in three of his six starts since returning from a concussion.

THE CANADIAN PRESS



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# Turris set to start fresh with Senators

► 'I'm just glad it's in the past,' 22-year-old says of struggles in Phoenix

With a throng of reporters waiting at his stall, newly acquired Ottawa Senators forward Kyle Turris got his first taste of playing in a Canadian market after several years in the desert.

"I don't think I've seen this many cameras for a number of years now," Turris said Monday after skating with his Ottawa teammates for the first time.

"It's a lot different pressure but I'm ready for it."

The Burnaby, B.C., native was acquired from the Phoenix Coyotes on Saturday in exchange for defenceman David Rundblad and a second-round pick. Turris will make his Sens debut Tuesday at home against the Buffalo Sabres.

Turris is looking for a fresh start after a falling out with the Coyotes organization this year. He was Phoenix's third overall pick in the 2007 draft and scored 25 points in 65 games in 2010-11, but missed most of this season after holding out for a new contract.

The Coyotes refused to blink. A deal was finally reached on Nov. 22, but since then Turris has only played in six games and hasn't registered a point.

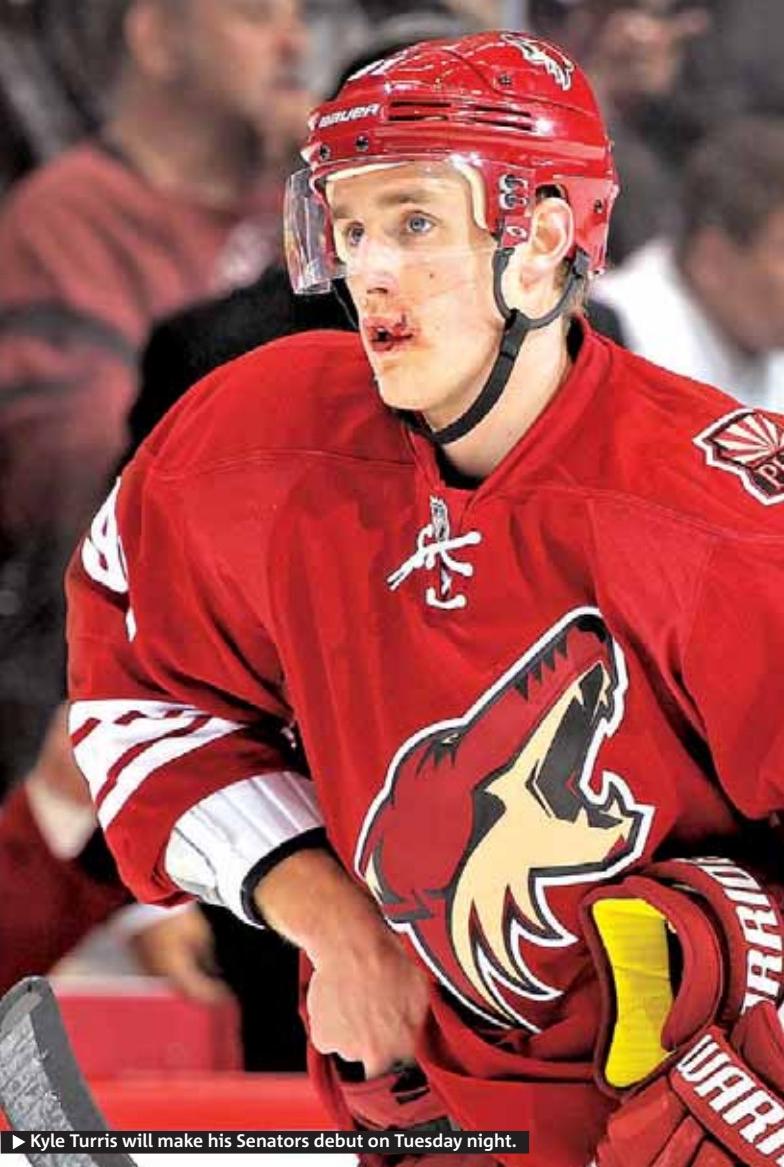
"It was real tough," Turris said. "I mean, it's something that was a frustrating situation and I'm just glad it's in the past and moved on."

Turris is expected to centre Nick Foligno and Erik Condra.

"We hope he'll solidify that second-line centre position that we've been searching for and not only for this season, but for seasons to come," said Ottawa head coach Paul MacLean. "I think he's a piece that makes us better and for down the road as well."

Turris doesn't know much about his new teammates, but he did room with Jason Spezza at the 2008 World Championships.

"They've got a great mix of the older guys — Spezza



Kyle Turris will make his Senators debut on Tuesday night.

**"With the opportunity that we're prepared to give him, we feel he's going to demonstrate that he's a quality player."**

SENATORS HEAD COACH PAUL MACLEAN ON KYLE TURRIS

and (Daniel) Alfredsson — and at the same time a real young group, so it was a fun practice this morning, guys joking around and lots of energy and I'm looking forward to jumping in," said Turris.

Alfredsson liked what

he saw at practice.

"You could tell right away he's got a good shot," said the Sens captain. "Hopefully we can make him fit in here quickly."

Turris has been a friend of Ottawa prospect Patrick Wiercioch since childhood.

## Kings keep it light as they wait for Sutter

Despite being on the verge of getting their third coach in about a week, it's not all doom and gloom around the Los Angeles Kings these days.

In fact, there were plenty of smiles before Monday's game against the Maple Leafs in Toronto. Perhaps it was a sign that interim coach John Stevens was successful in his bid to relax his players with an ice cream run following Sunday's skate.

"We had a little challenge at the end of practice and we stopped at the Dairy Queen on the way home and losers had to buy the winners an ice cream of their choice," said Stevens. "Just something fun, something to occupy their time."

The Kings have been playing under a cloud for a month, resulting in coach Terry Murray's dismissal last week. Stevens is filling in as contract details are finalized with Darryl Sutter, who will take over as head coach later this week according to a league source.

It's an unusual situation — to say the least — but one the players seem to support.

"I think (GM) Dean (Lombardi) might have handled it right in not going behind Terry's back and try to look for a head coach," said forward Mike Richards.

"He's a smart guy, we trust his instincts and trust what he's doing with the team." THE CANADIAN PRESS



**"I think that everyone is so down emotionally that they're not focusing on their game and playing their best. Finally when we get over that hump, we should be fine."**

KINGS DEFENCEMAN DREW DOUGHTY

**NATIONAL HOCKEY LEAGUE****EASTERN CONFERENCE**

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Boston	31	21	9	0	1	108	61	43	11-6-0-1	10-3-0-0	8-2-0-0	W4
d-Philadelphia	31	20	8	2	1	110	91	43	8-5-1-1	12-3-1-0	8-2-0-0	L1
d-Florida	33	18	9	2	4	84	42	42	8-2-1-4	10-7-1-1	6-2-1-1	W2
NY Rangers	29	18	7	1	3	87	66	40	8-2-0-2	10-5-1-1	6-3-0-1	W1
Pittsburgh	33	18	11	2	2	107	88	40	9-4-2-0	9-7-0-2	5-5-0-0	W1
New Jersey	32	18	13	0	1	90	92	37	7-5-0-1	11-8-0-0	6-4-0-0	W4
Buffalo	32	16	13	2	1	89	94	35	8-9-2-1	8-4-0-0	4-4-2-0	L1
Toronto	32	16	13	2	1	100	105	35	7-5-2-1	9-8-0-4	4-5-1-0	L2
Winnipeg	32	15	13	3	1	89	97	34	11-5-0-0	4-8-3-1	6-4-0-0	W1
Ottawa	33	15	14	2	2	102	116	34	8-7-0-1	7-7-2-1	4-4-1-1	W1
Washington	31	16	14	0	1	91	96	33	10-5-0-1	6-9-0-0	4-6-0-0	L1
Montreal	33	13	13	2	5	85	89	33	5-7-2-4	8-6-0-1	3-3-1-3	L2
Tampa Bay	32	14	16	0	2	87	107	28	8-5-0-4	6-11-0-2	3-7-0-0	W2
NY Islanders	30	10	14	4	2	69	97	26	6-8-3-0	4-6-1-2	5-3-2-1	W1
Carolina	34	10	18	4	2	86	116	26	6-9-0-2	4-9-4-0	2-6-2-0	L1

**WESTERN CONFERENCE**

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	33	21	8	1	3	111	98	46	11-2-0-3	10-6-1-0	8-1-0-1	W5
d-Minnesota	33	20	8	2	3	84	72	45	10-4-1-2	10-4-1-1	7-1-0-2	L3
d-San Jose	30	17	10	2	1	86	74	37	10-6-1-0	7-4-1-1	4-4-1-1	W2
St. Louis	32	19	9	0	4	82	69	42	13-3-0-1	6-6-0-3	7-1-0-2	W1
Detroit	31	20	10	1	0	104	69	41	13-2-0-1	7-8-0-0	7-3-0-0	W1
Vancouver	32	19	11	0	2	106	80	40	8-4-0-1	11-7-0-1	7-2-0-1	W1
Nashville	32	17	11	3	1	85	84	38	8-5-2-1	9-6-1-0	7-3-0-0	W5
Dallas	31	18	12	0	1	80	86	37	9-4-0-3	9-8-0-4	5-4-0-1	L1
Phoenix	32	16	13	1	2	84	85	35	7-7-1-1	9-6-0-1	4-6-0-0	L1
Los Angeles	32	14	14	2	2	69	79	32	8-9-0-1	6-5-2-1	3-7-0-0	L4
Calgary	33	14	15	2	2	82	94	32	8-5-1-1	6-10-1-1	4-3-1-2	L4
Edmonton	32	14	15	0	3	87	87	31	9-5-0-2	5-10-0-1	2-7-0-1	L3
Colorado	33	15	17	1	0	88	101	31	9-9-0-4	6-8-1-0	5-5-0-0	W1
Anaheim	32	9	18	2	3	75	105	23	7-9-10	2-9-1-3	3-6-1-0	L2
Columbus	33	9	20	1	3	80	111	22	6-10-1-2	3-10-0-2	3-6-1-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**

Montreal at Boston  
Los Angeles at Toronto  
Anaheim at Dallas  
Philadelphia at Colorado

Detroit at Edmonton

Minnesota at Vancouver

**Sunday's results**

Chicago 4 Calgary 2

Florida 3 Carolina 2 (OT)

St. Louis 6 Columbus 4

**Tonight's games****All Times Eastern**

N.Y. Rangers at New Jersey, 7 p.m.  
Chicago at Pittsburgh, 7 p.m.  
Nashville at Washington, 7 p.m.  
Buffalo at Ottawa, 7:30 p.m.  
Phoenix at Florida, 7:30 p.m.

N.Y. Islanders at Winnipeg, 8:30 p.m.  
Minnesota at Calgary, 9 p.m.

**Tomorrow's games**

Phoenix at Carolina, 7 p.m.  
Montreal at Chicago, 7:30 p.m.  
Philadelphia at Dallas, 7:30 p.m.  
St. Louis at Colorado, 9:30 p.m.  
Detroit at Vancouver, 10 p.m.  
Tampa Bay at San Jose, 10:30 p.m.

**Thursday's games**

N.Y. Islanders at N.Y. Rangers, 7 p.m.  
Buffalo at Toronto, 7 p.m.  
Florida at Ottawa, 7:30 p.m.  
Columbus at Nashville, 8 p.m.  
Montreal at Winnipeg, 8:30 p.m.  
Detroit at Calgary, 9:30 p.m.  
Minnesota at Edmonton, 9:30 p.m.  
Anaheim at Los Angeles, 10 p.m.

**SUNDAY****BLACKHAWKS 4, FLAMES 2****First Period**

1. Chicago, Montador 5 (Mayers, Stalberg) 9:23

**Penalties** — D.Smith Cal (tripping) 3:34, Hossa Chi (high-sticking) 11:28, Bourque Cal (game misconduct; served by Iglnia) 15:25, Kruger Chi (interference) 16:51.

**Second Period**

2. Chicago, Hjalmarsson 1 (Hossa, Kruger) 5:15

3. Chicago, Kane 9 (Keith, J.Tows) 14:55 (pp)

**Penalties** — Stempiak Cal (slashing) 0:37, Butler Cal (tripping) 14:16, Bolland Chi (tripping) 15:29.

**Third Period**

4. Calgary, Jokinen 11 (Tanguay, Glenross) 2:35 (pp)

5. Chicago, Hossa 15 (Sharp, Bolland) 11:17 (pp)

6. Calgary, Glenross 10 (Iglnia, Jokinen) 16:25 (pp)

**Penalties** — Sarich Cal (fighting), Bickell Chi (instigator, fighting, misconduct) 1:26, Brodie Cal (high-sticking, fighting, misconduct) 1:26, Iglnia Cal (unsportsmanlike conduct) 11:01, Kruger Chi (holding stick) 16:00, D.Smith Cal, Stalberg Chi (roughing), Frolik Chi (tripping) 17:11.

**Shots**

Calgary 3 8 13 24

Chicago 9 8 8 25

**Goal** — Calgary: Kiprusoff (L1-14-12); Chicago: Emery (W,9-1-2). **Power plays (goals-chances)** — Calgary: 2-5; Chicago: 2-7.

**Referees** — Stephan Auger, Dan O'Rourke.

**Linesmen** — Jean Morin, Brian Murphy.

**Attendance** — 21,192 (19,717).

**TRANSACTIONS****BASEBALL****NATIONAL LEAGUE**

ARIZONA DIAMONDBACKS — Agreed to terms with OF Jason Kubel on a two-year contract.

HOUSTON ASTROS — Named Tom Lawless roving infield instructor.

NEW YORK METS — Agreed to terms with RHP Frank Francisco on a two-year contract.

PHILADELPHIA PHILLIES — Agreed to terms with SS Jimmy Rollins on a three-year contract.

WASHINGTON NATIONALS — Agreed to terms with OF Mike Cameron on a minor league contract. Named Tony Beasley manager of Syracuse (IL), Matthew LaCroy manager of Harrisburg (EL), Brian Rupp manager of Potomac (Carolina) and Tripp Keister manager of the Gulf Coast Nationals.

**BASKETBALL****NBA**

GOLDEN STATE WARRIORS — Traded F Lou Amundson to Indiana for G Brandon Rush.

NEW YORK KNICKS — Signed G Baron Davis.

OKLAHOMA CITY THUNDER — Waived G Anthony Goods.

SACRAMENTO KINGS — Vowed the contract of F-C Chuck Hayes after he failed a physical.

WASHINGTON WIZARDS — Signed G Nick Young to a one-year contract.

**FOOTBALL****NFL**

CHICAGO BEARS — Signed RB Armando Allen, DE Thaddeus Gibson and WR Max Komar from the practice squad. Signed RB Robert Hughes to the practice squad. Placed S Chris Conte and WR Johnny Knox on injured reserve.

CINCINNATI BENGALS — Signed CB Devon Torrence to the practice squad.

**CFL**

EDMONTON ESKIMOS — Signed PK Derek Schiavone.

**HOCKEY****NHL**

NHL — Suspended Boston F Milan Lucic one game for checking Philadelphia F Zac Rinaldo from behind during Saturday's game.

BOSTON BRUINS — Recalled F Jordan Caron and D Steve Kampfer from Providence (AHL). FLORIDA PANTHERS — Recalled LW Tim Kennedy from Santo Antonio (AHL). Returned C Greg Rallo to Santo Antonio.

NASHVILLE PREDATORS — Recalled F Blake Geoffrion and D Jonathon Blum from Milwaukee (AHL).

PHOENIX COYOTES — Assigned D Chris Summers and G Justin Pogge to Portland (AHL).

AHL — BRIDGEPORT SOUND TIGERS — Released D Wes Cunningham, F Kael Moullierat and F Tyler Ruegsegger.

CONNECTICUT WHALE — Reassigned D Lee Baldwin to Greenville (ECHL).

**SOCER****MLS**

CHIVAS USA — Signed G Dan Kennedy to a multiyear contract.

COLUMBUS CREW — Signed D Chad Marshall to a multiyear contract extension.

MONTRÉAL IMPACT — Signed M Patrice Bernier.

**HOCKEY****AHL****EASTERN CONFERENCE****ATLANTIC DIVISION**

GP W L OTL SOL GF GA Pt

St. John's 29 17 7 4 1 106 89 39

Manchester 31 18 11 0 2 83 79 38

Worcester 26 13 7 3 3 73 64 32

Portland 28 13 12 1 2 74 87 29

Providence 31 13 15 1 2 66 92 29

**NORTHEAST DIVISION**

GP W L OTL SOL GF GA Pt

Connecticut 28 16 8 1 3 90 81 36

Adirondack 25 15 11 1 1 82 75 32

Albany 28 12 11 3 2 65 86 29

Springfield 28 13 14 1 0 80 100 26

Bridgeport 29 11 13 1 1 77 91 24

**EAST DIVISION**

GP W L OTL SOL GF GA Pt

Toronto 29 15 10 3 1 83 77 34

Rochester 29 12 12 4 1 80 86 29

Lake Erie 29 13 14 1 1 69 73 28

Grand Rapids 28 12 13 1 2 84 87 27

Hamilton 28 11 13 1 3 60 85 26

**MIDWEST DIVISION**

GP W L OTL SOL GF GA Pt

Charlotte 30 17 11 1 1 82 77 36

Milwaukee 26 17 8 0 1 80 67 35

Chicago 27 13 10 1 3 72 73 30

Poria 28 14 15 1 1 95 93 30

Rockford 28 11 14 1 2 89 102 25

**WEST DIVISION**

GP W L OTL SOL GF GA Pt

Oklahoma City 29 20 7 0 2 87 65 42

Dallas 29 16 5 2 7 88 75 41

Abbotsford 29 19 8 2 0 75 67 40

San Antonio 28 14 14 0 0 66 80 28

Texas 27 12 14 0 1 80 83 25

**Note:** Two point awarded for a win, one for an overtime or shootout loss.

**Last night's result**

Albany at Wilkes-Barre/Scranton

**Sunday's results**

Hamilton 3 Abbottsford 2 (OT)

St. John's 5 Portland 2

Milwaukee 6 Hershey 3

Providence 2 Bridgeport 0

Rochester 6 Houston 3

Chicago 20 Toronto 1

Binghamton 4 Adirondack 1

Charlotte 3 Oklahoma City 2 (SO)

Manchester 3 Worcester 1

# Habs' coach contretemps continues

► Canadiens owner issues statement amid controversy over new bench boss who can't speak French

The owner of the Montreal Canadiens was forced to issue a public statement Monday amid an explosive clash between hockey and language.

For weeks Quebec has been awash in reports of the perceived erosion of French-language rights, with constant news about companies failing to provide services or hire employees who speak the province's majority language.

Enter the Montreal Canadiens, perhaps Quebec's most cherished institution.

The team once known as the Flying Frenchmen now has almost no francophone players. And on

the weekend, it did something that triggered a firestorm of controversy in Quebec — it hired a coach who speaks zero French.

The hiring of Randy Cunneyworth was enough to prompt calls from nationalist fringe groups for a boycott of products related to the Habs. One political commentator even suggested local hockey journalists should refuse to address Cunneyworth in English.

And Quebec's entire political class predictably weighed in, with politicians of every stripe calling the move unacceptable.

Habs owner Geoff Molson responded with a statement, crafted so cau-

tiously it could have been penned by a political speechwriter.

In it, Molson performed a delicate two-step. First he explained why Cunneyworth was the right man

for the job, then in the next paragraph stressed how important French is to the organization.

Molson explained that Cunneyworth was hired because he is talented and

also, as the team's assistant coach, is in the best position to step in immediately and help the team win.

Cunneyworth was hired with a unique title — as in-

terim coach for the rest of the season.

"The action was taken to remedy the situation without further delay," Molson said. "Randy Cunneyworth is a qualified and experienced coach who has earned the respect of the players and everyone within the organisation."

Molson pointed out that the position will be re-evaluated at the end of the season.

He said language will be a factor when, after the season, the team has to hire a permanent coach. He said finding a coach who can win is the main priority, but language ability will also count.

THE CANADIAN PRESS



► Randy Cunneyworth

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## Crossword

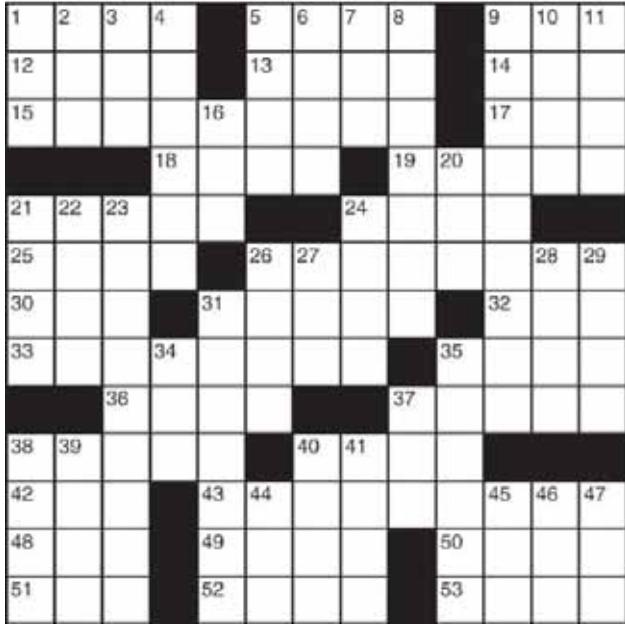
## Across

1 Grand tale  
5 Advantage  
9 Dine  
12 Isinglass  
13 Abound  
14 Paid athlete  
15 Dramatic public display  
17 Id counterpart  
18 Conversation  
19 Indy car, e.g.  
21 Fill the tank  
24 Neighbour of Java  
25 Tears  
26 T-bars, e.g.  
30 Citric beverage  
31 Beg  
32 A Gershwin brother  
33 Parts of Sunday's newspaper  
35 God (Lat.)  
36 Actress Skye  
37 Factions  
38 Greedy kid's demand  
40 Dalai —

42 Praise in verse  
43 Theorize  
48 Coffee break hour  
49 Throat-clearing sound  
50 One  
51 Owns  
52 Toll road  
53 Maze option

## Down

1 Type measures  
2 Spot on a domino  
3 Lemieux milieu  
4 Desert plant  
5 Catchall abbr.



6 52 cards  
7 Hair goop  
8 Green stone  
9 Gave details  
10 Incite  
11 Indigent  
16 Spigot  
20 "The Greatest"  
21 Mardi —  
22 Staffer  
23 Samples  
24 Prejudice  
26 — gin fizz  
27 "Jeopardy!" legend Jennings  
28 Verifiable



## Today's horoscope

**Aries** March 21-April 20 Why stress yourself out when with the same amount of effort you can have a great deal of fun?

**Taurus** April 21-May 21 You will be tempted to go to extremes in your personal life today.

**Gemini** May 22-June 21 Put money worries behind you and do something that makes you feel good about yourself. If you feel the need to get away, just go.

**Cancer** June 22-July 22 Promise yourself here and now that no matter what happens over the next few days you won't overreact.

**Leo** July 23-Aug. 23 A few days from now you may look back and feel guilty about some of the things you said and did.

**Virgo** Aug. 24-Sept. 22 You won't hesitate to help someone in need today.

**Libra** Sept. 23-Oct. 23 Someone you meet while working or pursuing a creative interest will get your heart racing today.

**Scorpio** Oct. 24-Nov. 22 You enjoy doing what others say cannot (or should not) be done, but don't get carried away and do something that leaves a black mark

For today's crossword answers and for expanded horoscopes, go to metronews.ca

against your name.

**Sagittarius** Nov. 23-Dec.

21 Do something different today, something no one would expect you to do.

**Capricorn** Dec. 22-Jan. 20

You may want to impress someone who means a lot to you but don't go over the top.

**Aquarius** Jan. 21-Feb. 18

You have nothing to worry about and everything to look forward to.

**Pisces** Feb. 19-March 20

Think with your head but feel with your heart. Listen to what your heart tells you today — and act on it. **SALLY BROMPTON**

## Sudoku

3								9
	2		9					
5	9	6	8	7	1			
	3			5		4		
2							5	
	6			1			9	
	4	8	7	5	1	2		
		8	4					
7							6	

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



1	4	7	8	6	9	3	2	5
2	8	5	4	3	7	9	6	1
3	9	6	1	5	2	4	7	8
6	5	2	9	8	3	1	4	7
7	1	8	5	2	4	6	9	3
9	3	4	7	1	6	5	8	2
5	2	9	3	4	8	7	1	6
4	6	1	2	7	5	8	3	9
8	7	3	6	9	1	2	5	4



Know what the weather will be 14 days from now. Check the 14 day trend.

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Prince Charming/Robbie Bear

Sorry, I'm not interested anymore. Thanks for sending the fake messages that I am not author of.  
FROM THE DEVIL

Not sure if you wrote me today  
I'm not confident enough  
that it came from you. Because  
the last time I called you, you didn't even know  
who I was. I've never been  
so embarrassed. I want more  
than anything for you to tuck me in. If it's the devil,  
then know this, I'm so happy  
and I get happier everyday. You can write all you  
want, but it will never make  
it better or change  
anything. I feel sorry for  
you. Dolphin  
FROM I CAN'T COMMUNICATE LIKE THIS!

# Winter.



## That's American Apparel®

### Meet Leore.

She is an exotic blend of Moroccan, Israeli, Swedish and Italian, who was first discovered by American Apparel creative employees in a Southern California Valley surf shop. Leore is wearing the Unisex Winter Jacket and Unisex Fine Jersey Tank.

### Made in USA—Sweatshop Free

American Apparel does vertically integrated manufacturing, distribution and retail like nobody else in the clothing industry. We produce more than 1 million garments each week at our sweatshop-free factory, where 6,000 skilled industrial workers receive fair wages and have access to healthcare and benefits.

Every aspect of American Apparel's operation is inspired by our Canadian heritage, with a commitment to creativity, craftsmanship, progressive thinking and fair business practices that is distinctly Canadian.

[americanapparel.net](http://americanapparel.net)

### Retail Locations:

Ottawa—Rideau Centre  
Ottawa—Westboro

To learn more about our company, to shop online, and to find all store locations, visit our web site.